DATA SHEET - RR08

Crossing the Spanish Pyrenees by bike From the Mediterranean to the Ocean

8 days 7 nights including 8 days by bike , In ** & *** hotels

Level: 3/5



Starting in Collioure, you will cross the Pyrenees to reach St Jean de Luz. However….pack your French-Spanish dictionaries as you will be cycling on the Spanish side of the mountains!
From the beaches of the 'Grande Bleue' to the coasts of the Atlantic Ocean, you will discover the Pyrénées from another perspective ! Passing over the most beautiful mountain passes (Cols), landscapes and Spanish roads. From the Sierra de Cadi to the Hecho Valley, uncover a different Pyrénéen landscape during the course of the this Spanish excursion.

8 unforgettable days of a legendary crossing by bike.

Strengths

- The most beautiful routes and mountain passes of the Spanish Pyrénées
- Arrival at the ocean in St Jean de Luz
- Accommodation in a double bedroom on a half-board basis, including 5 nights in a three star hote

SCHEDULE

Day 1 : From Collioure to Ripoll : 115 km - Elevation: + 1590 m

Meet in the beautiful Catalan village of Collioure.
Leave the Mediterranean beach behind and set off to tackle the Pyrénées and the border.
Passing over the Col (mountain pass) d'Ares via the Vallée de la Preste. Arrival in Spain. Night in Ripoll in *** hotel on a half-board basis (or in a hostel).
Hotel, Hostal

Day 2 : From Ripoll to Gosol : 60 km - Elevation: + 1400 m

Start with a gentle climb to the Coll de Merolla (1090m). Next, starting in the Berga Valley, you enter the legendary Serra de Cadi massif, via a beautiful route that leads you to the mountain village of Gosol. Night in Gosol in a ** hotel on a half-board basis.
For a little extra: Option to do the Col de Pradell (66km and 2000m AD+).
Hotel

Day 3 : From Gosol to Sort : 98 km - Elevation: + 1900 m

The first section of this stage involves crossing a pine forest, so typical of the Mediterranean region, to reach the Coll del Canto. Then, from the Noguera Valley, a beautiful but steep climb up an isolated road, seemingly in the middle of nowhere, to arrive at the the Coll de Creu de Perves.
Night in Sort in a ** or *** hotel on a half-board basis.
To do a little extra: Option to climb back up through the Noguera Pallaresa Valley.
Hotel

Day 4 : From Sort to Pont de Suert : 60 km - Elevation: + 1300 m

To do a little extra: Option to climb back up the beautiful Vall de Boi Valley towards Les Encantats.
Hotel

Day 5 : From Pont to Suert à Ainsa : 84 km - Elevation: + 1770 m

This mountain stage takes in the beautiful landscapes of the Massif de la Maladeta and the Pic d'Aneto , along with the Cols de Espinas and Col de Fadas. A second, faster part transports you through the impressive Gorges de Congosto de Ventamill, as well as the Coll de Foradada.
Then it is on into the Ordesa National Park where you arrive in the medieval city of Ainsa.

Day 6 : From Ainsa to the Monasterio de Viejo de San Juan de la Pena : 100 km - Elevation: + 2050 m

A really beautiful stage that starts with a crossing of the Sierra de Guara. Then, following the course of the River Gallego, climb up onto the timeless, forest-covered plateau to arrive at the famous Monastère de San Juan de La Pena.
Transfer (1h) to Roncal and night in a hostel.
Hostal

Day 7 : From Roncal to Roncevaux : 72 km - Elevation: + 1650 m

In the morning, a climb through the Sierra de San Miguel to the Collada de Arièros awaits you ! Then, continue up the Valle del Roncal to the Portillo de Lazar. The first hint of the Basque Country appears. You arrive, at the end of the day, at Roncevaux, a famous stop on the route of the Saint Jacques de Compostelle pilgrimage. Night in a *** hotel on a half-board basis.

Hotel

Day 8 : From Roncevaux to Saint-Jean-de-Luz : 108 km - Elevation: + 1650 m

Starting in the beautiful Basque countryside, you pass through either the Aldudes or Baztan Valley. Pass by the Puerto de Artesiaga or the Collado de Urkiaga and the Baztan Valley. Then on to the Puerto de Otxondo which leads you in turn to the Col de St-Ignace and France. Finally, you pass through the French Basque Country to arrive at the ocean.

TRAVEL CONDITIONS

Options :

Supplementary services (prices per person)
Single room accommodation : 290 € /pers

For those who wish, LaRébenne can arrange transport to take you from St-Jean-de-Luz to Collioure on the afternoon of day 8, with your luggage and your bicycle.
Return shuttle from St-Jean-de-Luz to Collioure at the end of the tour : 145€ /pers
Shuttle departure from St-Jean-de-Luz: on the afternoon of day 8, around 2pm.
PLEASE NOTE: our shuttle has a limited number of seats, and this option is subject to availability at the time of your registration.
Transporting a rigid bike box or semi-rigide during the trip (or semi-rigid bike bags, which are larger than typical hand luggage when folded: 56 cm × 45 cm × 25 cm) : 40 € /pers
Vélorizons cycling jersey (shipping not included) : 75 € /pers
Extra nights Saint Jean de Luz
- Extra night in St-Jean-de-Luz in 3* hotel, twin room, including breakfast : 100 € /pers
- Extra night in St-Jean-de-Luz in 3* hotel, double room, including breakfast : 100 € /pers
- Extra night in St-Jean-de-Luz in 3* hotel, single room, including breakfast : 145 € /pers

Extra nights in Collioure and Saint Jean de Luz
- Collioure in 3* hotel, double room, including breakfast (high-season from 15/06 to 15/09) : 90 €/pers
- Collioure in 3* hotel, double room, including breakfast (low-season) : 70 €/pers
- Collioure in 3* hotel, single room, including breakfast (high season from 15/06 to 15/09) : 150 €/pers
- Collioure in 3* hotel, single room, including breakfast (low-season) : 125 €/pers
- St-Jean-de-Luz in 3* hotel, double room, including breakfast : 95 €/pers
- St-Jean-de-Luz in 3* hotel, single room, including breakfast : 135 €/pers

Road bike rental
- Standard road bike

Carbon frame and fork, disc brakes, Shimano 105 groupset or equivalent, 12 speeds, 50/34 chainring and 11/34 cassette, approx. 8.9kg, aluminium wheels, Wilier Garda model or equivalent : 365 € /pers
- Premium road bike

Carbon frame and fork, disc brakes, Ultegra Di2 groupset or equivalent, 12 speeds, 50/34 chainring and 11/34 cassette, approx. 7.6kg, carbon wheels, Wilier Filante SL model or equivalent : 495 € /pers
- E-road bike

Aluminium frame and carbon fork, 500 Wh battery, aluminium wheels, Shimano XT Di2 groupset, 11 speeds, 47-tooth single chainring and 11/50 cassette, approx. 20 kg, Giant Revolt E+ Pro model or equivalent : 605 € /pers
Rental bike equipment (for all models):
Repair kit included
- 2 bottle holders (except size 47 bicycles on which only one can be placed)
- Helmets and water bottles: not included
- Pedals: Our rental bikes come without pedals. You can either bring your own pedals or specify your needs; we can install 3 types of pedals at no extra charge: Look KEO, Shimano SPD-SL or Shimano SPD.

Please indicate your choice of model and pedals as well as your height (if possible also frame size and inseam) when filling out your booking form.
You will receive your chosen model from the tour leader on the first day of your tour. He will carry out an inventory of the bike with you, as well as a second inventory at the end of the tour.
Bike “consumables" (tyres, tubes, brake pads, cables) are included in the rental price. Only parts and components that are broken due to a crash and/or misuse will be charged. In the event of bike loss or theft, a fixed fee will be charged (2200 € for the Standard model, 3590 € for the Premium and Electric models and 5700 € for the Super light model).

Accompanying :

Two formulas to choose from:

- Bike in freedom with carrying luggage (for groups made from 6 people).
  Equipped with the guidance material we give you: maps with highlighted route, GPS tracks and detailed topo-guide, you go alone to discover circuits designed by our team. The topo and the GPS fixed on the handlebars, you let yourself be guided by the indications prepared with care, for a maximum precision.
- Free bike with assistance vehicle and driver (for groups of 8 or more people).
  The assistance vehicle + bike trailer or roof rack joins you at different times during the day stage, often at the top of the passes and transports your picnicwater, extra clothes and a complete tool box in case of mechanical problems. You enjoy your day with a light bag or no bag. The driver of the vehicle also gives you advice for each step, helps you manage your effort, and can most of the time answer your questions about the region visited.

Luggage :

You will carry nothing with the assistance vehicle : luggage, snacks, picnics and spare parts are available in the assistance van.
Luggage will be transported by the assistance vehicle. Please do not exceed the limit of 1 bag/person, 15kg/bag maximum.

Food :

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide: well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.
• Your accommodations provides Continental breakfasts.
• We distribute simple cereal/muesli bars and dried fruit in the morning before the start of the stage.
• Hearty dinners (3 to 4 courses, with local dishes)
• You must bring your own specific energy bars and isodrinks.

At lunch, there is 2 options based on what you prefer :
• A picnic to carry along in a small backpack. It contains an individual salad (carbohydrate and vegetable based salad), cold meats, cheese and fruit. This picnic can be carried in a small backpack or a handlebar bag.
• No lunch organised by us, leaving you free to stop and eat when and where you want (restaurant, bakery, grocery store...).
Please let us know your choice of type of lunch at your register.

Plane :

- Either you buy your plane ticket yourself, only when we have confirmed in writing the departure of your trip.
- Either we book your plane tickets for you.

Departure and meeting point :

Departure from Collioure
Where to park in Collioure?
Collioure has several long-stay car parks located on the immediate outskirts of the town centre. We recommend the Cap Dourat car park (approximately €50 for 8 days, price given for guidance only). To purchase the required pass for the Cap Dourat car park, you must go to the Glacis car park (town centre) with your vehicle registration certificate.
You can find all the information on the Collioure Tourist Office website : www.tourisme-collioure.com
Departure/separation at Saint-Jean-de-Luz SNCF train station from 2:00 p.m. The vehicle will be waiting for you in front of the train station) or by the seaside to celebrate the arrival at the ocean.

How to get there:
By car: To Perpignan by highway A9. Then take the direction of Collioure D914.
By train: Perpignan or Collioure train's stations.
By plane: Perpignan airport and shuttle to the train station.

Accommodation :

Nights half board, double room with the picnics : nights in hotel ** and ***. You sleep in comfortable rooms of 2 people in hotels. Bed linen and towels are provided. A bathroom is reserved for you. 2 nights in Hostal: equivalent to a hotel * or ** stars.

Attendees :

The Crossing of the Pyrenees by Bike is accessible to groups of at least 6 people for the formula with luggage carrying and 8 people for the formula with assistance: the departure is free (consult us).

Formalities :

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS)
- Repatriation insurance is compulsory

Options :

- Physiotherapy: recovery session with a physiotherapist at the end of the stage
- Leader: a qualified instructor guides the group (+ sports advice)
- Mechanic: a mechanic cycles is responsible for repairs during the circuit and maintenance of the bikes at the end of the stages

Difficulty level :

You have a good physical condition, practice at least once a week road cycling over long distances. Stages from 60 to 115km per day with positive gradients from 1300 to 1900m per day.

RATES

The price does not include :

- Accommodation the day before departure,
- Drinks,
- Personal expenses,
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transport of bike cases and hard bottom panniers (only for the formula with
- Assistance vehicle): +50€ / per box,
- Transportation to the meeting point,
- The transfer back,
- Insurance.

The price includes :

- Accommodation,
- GPS tracks,
- Half board from dinner on day 1 to breakfast on day 8,
- 8 picnics
- The transport of 1 bag per person,
- For the formula with assistance vehicle: 1 vehicle 9 seats + driver + bike trailer during the entire stay.

GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!
At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.
Don't hesitate to contact us directly to talk about hiking or biking.
contact@larebenne.com
+33 561 652 093
+33 681 537 775

Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!
* Either go directly to your tour's page on our website and click on registration.
* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.
The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment
You can pay by credit card (faster) or bank transfer.

Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.
Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).
This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.
The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the three policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
  Repatriation assistance + tour interruption + luggage + cancellation.

  See the complete contract

- "Cancellation" contract (2.5%), minimum premium 10 euros:
  Cancellation only.

  See the complete contract

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
  Repatriation assistance + tour interruption + luggage.

  See the complete contract

As far as "civil liability abroad" is concerned, only French residents are covered.

Informations :

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